



SCHOOL NURSE UPDATE

www.dhss.mo.gov/SchoolHealth/

School Nurses
THE HEART OF SCHOOL
HEALTH SERVICES

Missouri Department of Health and Senior Services

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Cervical Cancer and HPV

The Journal of School Nursing (December 2007) had an article about this new vaccine being promoted for adolescent girls. The article gives a good overview of the disease, the vaccine, as well as the rationale behind the effort to immunize this population. If your district is considering this immunization program, you might want to check out this article, written from the point of view of the school nurse. In addition, a bill has been filed in the legislature to require the Department of Health and Senior Services to send information to parents of all 6th grade girls, giving them the facts about this vaccine. There may be funding available to cover the cost of the vaccine at local health departments.

Mental Health Publications

The Center for Mental Health Services Research at Washington University, St. Louis has a website that contains information for healthcare providers regarding psychiatric evaluations, psychotropic medications, and other resources. One item that can be downloaded is a chart on psychotropic medications, including side effects. This chart would be useful in providing information to teachers and parents about the common medications we find in use in our schools. To access this site, go to:

<http://gwbweb.wustl.edu/cmhsr/psychotropic/medicines.htm>

Child Abuse Prevention

It is the responsibility of each individual to prevent child abuse and neglect. As a result, April is annually designated as Child Abuse Prevention Month. This year's theme, Strong Families-Safe Kids, recognizes that the most important thing we can do to prevent child abuse is to support families. Prevention efforts are the best hope for eliminating child abuse in Missouri.

Missouri KidsFirst in partnership with the Children's Trust Fund has developed a web-based child abuse prevention packet for individuals and communities to modify and use to support local child abuse prevention efforts. The prevention packet will help to improve the safety and well being of children by offering parenting tips and discussing how to bring communities together to prevent the abuse and neglect of Missouri's



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children. The web-based community toolkit may be found at www.missourikidsfirst.org and by clicking the Child Abuse Prevention Month button.

Mini-grant opportunity for School Nurses

The Missouri Asthma Prevention and Control Program, at the Department of Health and Senior Services will release applications for the 3rd annual Asthma School Nursing Award. Funding is available for asthma care improvement projects conducted during the summer. This can include education for coaches, working with parents on improving asthma action plans, developing asthma care recommendations for school officials, provide indoor environmental assessments, or some customized project that would improve the care of students with asthma in your community. Applications will be available via the web beginning March 15. Applications are due by May 15, 2008. To download the easy application form, go to: www.asthmahere.org

Childhood and Adolescent Physical Activity and Nutrition

The Missouri Council on Activity and Nutrition (MoCAN) has identified a tool kit for healthcare providers working to prevent childhood obesity. Some of the resources in the kit include: A family lifestyle assessment, healthy family tip sheets, BMI-for-age percentile growth charts, blood pressure tables for youth, blood cholesterol classification chart, and MO Consensus Screening Guidelines for Diabetes. This kit can be ordered at <http://www.dhss.mo.gov/Obesity/Childtoolkit.html>

National Day to Prevent Teen Pregnancy

To call attention to the National Day To Prevent Teen Pregnancy, May 7, the National Campaign to Prevent Teen and Unplanned Pregnancy, is offering a short quiz, on-line, for teens 13 and up, to assess how they would handle various sexual situations and to think about what they might do “in the moment”. To access the quiz, “How Do You Score”, and other details on how to promote this event, see www.teenpregnancy.org This website provides a link to a teen-oriented site that contains materials designed to help teens think about the consequences of an unplanned pregnancy.

MCH Knowledge Paths

In the last issue, we provided a link to the National Maternal and Child Health Library at Georgetown University. The Library has recently released a new knowledge path about oral health. There are resources in the Knowledge Path that look at data, describe programs and policies to improve access to, and the quality of oral health care. There are dental health education resources from state departments, including our own Missouri Department of Health and Senior Services. The knowledge path is available at: <http://www.mchoralhealth.org/knwpathoralhealth.html>



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CDC Review of School Laws and Policies Concerning Child and Adolescent Health

The Journal of School Health has published a report on a collaborative project between CDC's Division of Adolescent and School Health and Public Law Program, Johns Hopkins and Georgetown Universities. The report is structured around the eight components of the coordinated school health program, and provides access to information on laws and policies important to the health of children and adolescents in each of these areas. To view the report: http://ashaweb.org/journal_schoolhealth.html#legalissue

Radiation Burns from High Intensity Lighting

The FDA has issued a report on injuries from high intensity metal halide and mercury vapor light bulbs that get broken by balls or other sports equipment. These types of lights are used in gymnasiums and indoor sports or all-purpose facilities. Eye and skin injuries occur from ultraviolet radiation burns from the inner core of the bulb. The bulbs are "R" type light bulbs that have been installed in open or wire grid fixtures. This type of bulb should only be used when fully enclosed with a lens of glass or plastic to shield people from the UV radiation, or used where people will not be exposed to UV radiation if the outer bulb breaks. A school nurse in Missouri made us aware of this issue, and suggested we share the information with other school nurses. Several individuals in her school suffered burns to the skin and eyes from exposure to a broken bulb before the school was aware of it. To read an FDA notice to schools regarding this:

<http://www.fda.gov/cdrh/radhealth/products/urburns.html>

CDC Injury Report: Choking Game

CDC has published a report on the national incidence of unintentional deaths from strangulation as a result of children and adolescents participating in the "choking game". This is an underreported cause of death, as it is sometimes unclear what was going on at the time of the death. Fortunately, the number of deaths has decreased in the past several years, presumably due to education of children and adolescents. For more information, including a list of frequently asked questions and answers that could be used to educate health care providers, educators and parents about warning signs, see:

www.cdc.gov/ncipc/duip/research/choking_game.htm This website from the Injury Center has links to information on a variety of school-related injury issues, such as school violence and suicide.

STD/HIV Youth Health Educator

The Department of Health and Senior Services, Bureau of HIV, STD and Hepatitis will be hiring a youth health educator to work with schools on prevention education. In the interim, the Health Care Provider Educator is serving in that capacity. The Educator is Jeremy Wilson. He works very closely with local public health agencies, health care providers and community-based organizations and would love the opportunity to extend his services as a health educator to school nurses. 1 in 4 young people are affected by STDs and over 3 million young people get an STD every year. He has educational



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material available (brochures, pocket guides and websites) than can help educate students and young people on STD prevention, testing and treatment. Please feel free to contact him, Jeremy.Wilson@dhss.mo.gov if you are interested in any of the resources that are available to help you this important effort.

School Readiness for Disasters

The Center for Safe Schools has passed along information about a website from the US Department of Education Readiness and Emergency Management for Schools (REMS). Click on Publications, and you will find the REMSExpress newsletter, Helpful Hints, and Lessons Learned. Past issues of these publications are also archived and listed for ease in downloading them. This past month, the Lessons Learned dealt with managing an infectious disease outbreak in a school, including chemical hazards in the school's emergency management plan, and recovery from natural disasters. To access this valuable website, see <http://rem.s.ed.gov>

School Lunch Issues

The New York Times, Education section, recently carried an article addressing how secondary students across the country feel about the stigma of accepting "free lunch". We know that participation in our secondary schools is always much less than it could be. Has your district found a way to address this? The article speaks to different approaches that have been tried. To read this article, go to <http://www.nytimes.com/2008/03/01/education/01lunch.html>

Allergy and Asthma Network Mothers of Asthmatics

This national, non-profit organization provides patient education, advocacy and community outreach services. In recognition of the growing issues of peanut, seafood, latex and other life-threatening allergies, the Network has developed a publication, Anaphylaxis: A Guide for You and Me. Their website is listed as www.breatherville.org

Resources from National School Boards Association

The National School Boards Association (NSBA) has made available for free download, packets called School Health 101 Packets. These are one-page fact sheets on a variety of topics, and include links to documents providing background information, program guidance and policy development tools, examples of policies, other resources and website links. This is a cooperative project with NSBA and the Centers for Disease Control and Prevention (CDCP). There are currently 13 packets available. They may be downloaded, or ordered from NSBA. Some of the topics include Wellness Policies, Building Community Support for School Health Issues, Healthy Eating, Food Safety, Sexual Orientation Issues, Teen Pregnancy Prevention, etc. The web address is www.nsba.org, click on School Health, then the 101 Packets.



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Student Health and Academic Achievement Web Page

If you are looking for evidence of the connection between health and academic success, there is a website at CDC that includes a link to a *Journal of School Health* article, (November 2007) that looks at school health program interventions within the coordinated school health model, and how they improve academic success. This site provides one-page fact sheets showing significant association between health-risk behaviors and academic grades, based on Youth Risk Behavior Survey (YRBS) data, PowerPoint slides with graphics of those associations, and presentation slides and script on health and academic achievement. This type of material would make excellent organizational meeting content for a School Health Advisory Committee meeting. See

http://www.cdc.gov/healthyyouth/health_and_academics/index.htm

National Youth Traffic Safety Month

The National Organization for Youth Safety is sponsoring the National Youth Traffic Safety Month in May. There will be a contest with awards of \$1,000 to 50 local youth organizations for their youth-developed and implemented projects that demonstrate a strong focus geared towards youth traffic safety. You can read descriptions of projects that were funded in 2007, which should give you some great ideas for community involvement, as well as addressing some of your SHI projects on Safety.

Go to <http://www.noys.org/youthtrafsafe/toolkit.html> Click on "Contest Rules" on the left for those details. The website has other great resources and information at www.noys.org <<http://www.noys.org/>.

Denim Day

Denim Day is a day when individuals wear denim to call attention to the issue of rape awareness and education. This year Denim Day will be on April 24. The Office of Women's Health, Department of Health and Senior Services, has awareness materials available in the form of a Denim Day Tool Kit. The Kit includes posters, bookmarks and flyers. To download these materials, go to www.dhss.mo.gov/womenshealth

Missouri Vaccine University

The Missouri Department of Health is offering a program regarding vaccine preventable diseases and immunizations, update on flu season, and the Vaccines for Children Program, in addition to other related topics. The programs occur in various locations across the state, beginning March 4, through November 6. For more information about this free, one-day workshop, contact Julie.gross@dhss.mo.gov

Sickle Cell Disease in the School Setting – New Resource

The School Health program in partnership with the Sickle Cell program has developed a new video, "Educator's Guide to Sickle Cell in the School Setting". The video is designed to be a source of information for school health nurses, teachers, and other



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personnel about the school-related needs of students with sickle cell disease. You can obtain a copy of the video by sending a request to Laura.Lewis@dhss.mo.gov

Communication with the School Health Program

If you have questions or concerns related to school nursing or school health programs, you can e-mail us at info@dhss.mo.gov. Please identify the inquiry as pertaining to school health, and it will be sent to us directly.

SAVE THE DATE:

“Show Me You Care About Suicide Prevention”, 3rd annual MO Suicide Prevention Conference, July 14, 2008. Details will be posted online at: www.dmh.mo.gov/cps/issues/suicide/calendar.htm

Common Childhood Problems, UMC Office of Continuing Education, June 20-21, 2008, at Reynolds Alumni Center, Columbia, MO. Focus will be on Pediatric Neurodevelopment Issues. Topics include ADHD, LD, Autism Spectrum Disorder and Mental Health Screening in Children and Adolescents. Updated program information may be found at som.missouri.edu/CME

The Missouri Institute of Mental Health is providing half-day workshops titled **Teen Suicide Prevention: ACT Now**. The dates are April 2 (Kansas City) April 4 (Hannibal) and April 8 (Cape Girardeau). You can register online at: www.mimhtraining.com

The Department of Mental Health is offering free workshops regarding the psychological first aid children will need following a disaster. The workshop, Mental Health and Disasters: A Basic Approach for Schools will occur on April 10, at Southeast Missouri State University, Cape Girardeau. See “Training Opportunities” at www.dmh.mo.gov/diroffice/disaster/disaster.htm